

8. Agility (All Change!) - Change of Speed / direction, level or body shape

Agility (All Change!) is the combination of **Balance, Coordination and speed**. Agility includes **starting and stopping, changing direction and twisting and turning** and is essential in all sports movements. Athletes must ensure that they complete all challenges turning / moving in both directions. Athletes should always maintain good posture and core positioning for each challenge

Stage 1 Red Challenges

8a) Sprint forwards from a ready active position over 10m.



Sprint forwards from a ready

active position over 10m.

- Bend the knees and lean forwards.
- Arms synchronised with the legs - in this case left foot forward and right arm forward
- Back, neck and head in line
- Remain motionless



Stage 2 Yellow Challenges

8a) Sprint backwards from an upright ready position over 10m.

8b) Ladder Drill – Run forwards through ladder with fast feet, both feet in each square with arm drive and good posture.



Sprint backwards from an upright

ready position over 10m



fast feet, both feet in each square

with arm drive and good posture.



arm drive and good

posture.

Stage 3 Green Challenges

- 8a) **Sprint forwards from a ready active position over 10m, then decelerate (by leaning backwards) over 5m and accelerate (by leaning forwards) over 10m.**
- 8b) **Sprint backwards from a ready upright position over 10m, then decelerate (by leaning forwards) over 5m and accelerate (by leaning backwards) over 10m.**
- 8c) Ladder Drill: move laterally and slowly with **both feet in and out** each square with arm drive.



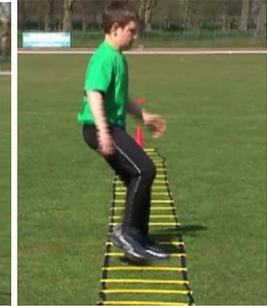
Sprint forwards from a ready active position over 10m, 5m decel and 10m accelerate



Sprint backwards from a ready active position over 10m, 5m decel and 10m accelerate

both feet in and out each square with arm drive.

THERE AND BACK on TOES



Stage 4 Purple Challenges

- 8a) **Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.**
- 8b) Move **laterally at speed between 2 cones over 10m**. Change direction by **leaning into the intended direction and pushing off the outside foot**.
- 8c) High knee drill forwards and then backwards with good posture (over 5m).
- 8d) Ladder Drill: move laterally with fast feet, bringing both feet in and out of each square and with good arm drive and posture.

Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.
SPIN



Move **laterally at speed between 2 cones over 10m**. Change direction by **leaning into the intended direction and pushing off the outside foot**. WEAVE THERE AND BACK



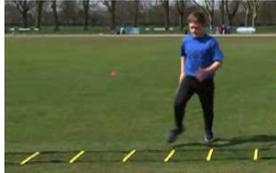
HIGH KNEE THERE AND BACK - good posture (OVER 5M).



THEN LADDER DRILL HIGH KNEES BACK AND FORWARD

Stage 5 Blue Challenges

- 8a) **Sprint forwards and change direction on cue** (2 cones located left & right of athlete approximately 45°).
- 8b) **Sprint backwards and change direction on cue** (2 cones located left and right of athlete approximately 45°).
- 8c) **Skipping drill forwards and then backwards with good posture** (over 5m).
- 8d) Ladder Drill: start both feet in square and move laterally and diagonally, stepping out with both feet, **missing out the next square along** and then back in.
- 8e) Ladder Drill: **spotty dogs** - moving laterally one square at a time alternating feet with only one foot in each square.

 <p>POW PUSH OFF FOOT RIGHT THEN LEFT</p>	<p>POW BACKWARDS LEFT RIGHT</p> 	<p>SKIP FORWARDS AND BACK 5M</p> 	<p>Ladder missing square – 2 taps outside</p>  <p>Straight legs in out one foot in one square</p> 
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Stage 6 Black Challenges

- 8a) Box drill: sprint forwards over 5m, lateral over 5m, backwards over 5m and lateral over 5m, displaying good technique.
- 8b) Box drill: sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over lateral over 5m, displaying good technique throughout.
- 8c) High knee drill laterally (both left and right) with good posture (over 5m).
- 8d) Ladder Drill: spotty dogs (fast) with both feet in each square before moving laterally.
- 8e) Ladder Drill: icky shuffle with 1 foot in.

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